

**Immediately After Surgery:**

- Elevate the extremity and move the unaffected fingers to reduce swelling and prevent stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless instructed otherwise. You can purchase a cast seal to put over the bandage to keep it from getting wet while showering.
- You will receive local numbing medicine around the surgical site at the time of surgery. Numbness in the wrist and digits is expected immediately after surgery and in some patients, this can last for a few days after surgery.
- Refrain from lifting anything greater than 2 lbs (about the weight of a cup of coffee), or any vigorous squeezing, gripping, etc. with your operative hand.

**First Post-Operative Visit (10-14 days after surgery):**

- Your bandage and sutures will be removed in the office.
- X-rays will be taken in the office.
- You will be provided with a referral for a custom molded splint for the affected hand/finger. The splint should be worn at all times except for hygiene purposes and gentle range of motion exercises.
- The surgical site may now be washed with soap and water in the shower. Avoid soaking or submerging your arm under water.
- You will be provided with a referral for formal occupational/hand therapy, at this visit.
- Continue to avoid any heavy lifting, gripping, strengthening, or squeezing with the operative hand.

**Second Post-Operative Visit (5-6 weeks after surgery):**

- X-rays will be taken in the office.
- Depending on the amount of healing on x-rays, your splint may be discontinued.
- Begin/continue formal occupational/hand therapy.
- You may begin to increase use of your affected arm but should still avoid heavy lifting (greater than about 5 lbs) or impact to the affected hand. Avoid direct impact to the operative hand.

**Third Post-Operative Visit (10-12 weeks after surgery):**

- X-rays will be taken in the office.
- Depending upon your progress, therapy may be extended at this visit to focus on improving range of motion and strength.
- Expected full recovery is about 3 months after surgery.